

## Basic Foods and Nutrition Education Program (BFNEP)

### Nutrition:

- In 2000, only 25% of Washington State adults reported consuming 5 to 9 fruits and vegetables each day.
- From 1999 – 2001 Washington State ranked #2 in the nation for food insecurity and hunger.

### Physical Activity:

- In 2000, only 27.0% of Washington adults were moderately active at the recommended level (30 minutes of moderate physical activity on 5 or more days a week) during their leisure time.
- Benefits of regular physical activity include reduced rates of heart disease, high blood pressure, colon cancer, type 2 diabetes, falls and fractures, and obesity.

### Obesity

- The rate of obesity in the state continues to climb. Washington obesity rates have doubled in the last 10 years. In 1990, 9.4% of Washington adults were obese and in 2000, about 20% of adults were obese.

**BFNEP has \$4,000,000 funded 50% local dollars and 50% by USDA.**

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BFNEP is a non-competitive nutrition education program sponsored by the Department of Health, Department of Social & Health Services, and the US Department of Agriculture Food & Nutrition Service.

The goal of BFNEP is to provide educational programs that increase, within a limited budget, the likelihood that Basic Food Program and Food Distribution Program\* recipients will make healthy food choices and choose active lifestyles consistent with the Dietary Guidelines for Americans and the Food Guide Pyramid. BFNEP encourages collaboration and coordination with all Food and Nutrition Service programs such as WIC, Head Start, Child Nutrition Programs, and Senior Farmers' Market as well as community groups, including faith-based organizations, and existing service coalitions.

BFNEP is intended to help Basic Food Program households:

- Adopt healthy eating habits that are consistent with the Dietary Guidelines for Americans and the Food Guide Pyramid.
- Incorporate regular moderate activity into an active lifestyle.
- As part of nutrition education activities, insure that families have enough to eat without resorting to emergency food assistance and making sure eligible people are aware of the program benefits and know how to apply.
- Improve participants' ability to safely handle, prepare and store food.
- Enhance practices related to thrifty shopping and preparation of nutritious foods.

The USDA Food and Nutrition Services funds BFNEP. In Washington State, the Department of Health sponsors BFNEP and contracts with governmental agencies. Currently the Department of Health has contracts with 13 Local Health Jurisdictions and 13 Indian Tribal Organizations.

Sponsoring agencies must demonstrate that BFNEP funded activities are targeted to eligible participants for the Basic Food Program and that at least 50% of the population targeted has a gross household income at or below 185% of poverty.

**Mission Statement:** To promote nutrition, physical activity and optimal care to prevent or treat obesity, diabetes and cardiovascular disease in Washington State.

\*Basic Food Program is also known as Food Stamps and Food Distribution Program also known as Commodity Foods